

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

SEPTEMBER 2009

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionists – MaryAnne Mandell,
Marcie Berticelli

TELEPHONE NUMBER

870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
and Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

We welcome Mike Joslin as our new van driver. What a great addition to our team! We have two fundraising events coming up this fall. The Variety Show on October 4, 2009 at the Ellington High School; also our Holiday Bazaar set for Saturday, November 7, 2009 from (9am – 2 pm) at the Senior Center. Our crafters have been busy creating handmade quilts and other craft creations. Our famous homemade fudge will, as always, be available for purchase. Make sure you mark your calendars and come on down!

We are fortunate for the growth of activities at the Senior Center. That's the positive side..... The down side of this growth is due to lack of appropriate space we are, on occasion, going to need to rearrange our "set" activities. As programming we are very conscientious in making sure that throughout the year, one program does not get rearranged more than twice.

I take this opportunity to express my thanks in your continued understand of this consequence. However this issue will not be resolved until we have a new building to meet our needs.

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS**

A monthly news tidbit....

Two important recall notices from the U.S. Consumer Product Safety Commission:

1. **Black & Decker Thermal Coffee Maker Model #TCM1000IKT**—These coffee makers can overheat and melt, posing a burn hazard to consumer. Contact Applia for recall details at 1-866-699-4595
2. **Bay West & Hillard Hybrid Wave -N-Cut Paper Towel Dispenser**—This paper towel dispenser's electric board can overheat posing a fire hazard. Contact Global Plastics at 1-888-225-7380 for recall details.
3. **Black & Decker GH 1000 Grassbug XP String Trimmer and Edger**—The spool, spool cap, and pieces of trimmer string can become loose during use and become airborne projectiles, posing a serious laceration hazard to the user as well as bystanders. The trimmer/edger's can also over heat, posing a burn hazard to consumer. Contact the recall hotline at 1-888-742-9158

ACCESS Energy Assistance Program - The Human Services office will start taking applications for the 2009-2010 heating season in September for client that heat with deliverable fuels (oil, kerosene, and propane), and applications for clients that heat with electricity or Yankee gas will be taken in November. Eligibility is based on current monthly income and current assets (homeowners can have up to \$10,000.00 in assets/renters can have up to \$7,000.00 in assets). To find out the income limits or to set up an appointment to file an application please call Anna Turner at 870-3131.

From Hospital to Rehab Center—Planning a Smooth Transition For Your Recovery—Tuesday Sept. 29th at 2pm at the Ellington Senior Center we will have Beth Wehrli/Discharge Coordinator from ECHN to instruct us on how the discharge planning process works & what you need to know about transitioning from the hospital to a local nursing home for rehab. We will also have representatives from local nursing homes & physical therapist to discuss how to best use their services. Please call 870-3131 to RSVP for this program by Sept. 28th. Refreshments served. **This is a TRIAD sponsored program.**

Annual Senior Citizens Flu Shot (influenza) Clinic—Tuesday Nov. 3rd at the Ellington Middle School from 9am to 11:30am. (This is **not** a shot for the H1N1flu) You will need to bring your Medicare card or your insurance card from Anthem, Connecticare, Aetna or Health Net, or \$32.00 cash. **You must have an appointment to get a flu shot—call 870-3133 to schedule your appt., or to book a van ride.**

Ellington Senior Center
Transportation Department

Peggy Anderson and Mike Joslin of our Transportation Department are scheduling trips to Spare Time Bowling Lanes in (Vernon, CT) the third Thursday of the month from (12:30pm – 4:00pm.). **September's date is 9/17/09.** The cost is \$2.25 per game (includes shoes). Transportation is available. A lot of fun! Sign-up is required. (860) 870-3137. Come join us!

The Ellington Senior Center Transportation Department has scheduled a trip to "Connecticut Day" at the *Big E* this September. Connecticut Day is being held on September 23, 2009. Transportation would arrive by 11:30am and stay for as long as the group would like. Sign-up is required. **Call the Senior Center** for further details at (860) 870-3133 **before September 9, 2009 so we can get our ticket request in!** Great Experience!

In the month of October, the Transportation Department is talking about securing a trip to the Connecticut Science Museum in Hartford. Date and time to be announced in the near future. Let our Transportation Department know if you are interested! (860) 870-3137.

Contact us if you have an interest in going somewhere else in the area.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT's) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS are offered Monday – Friday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, "Out to Lunch" program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.***

ELLINGTON SENIOR CENTER NEWS

A note of thanks from one of our dear friend Libby McCarthy....

My Dear Friends at the Ellington Senior Center,

I would like to acknowledge with grateful appreciation your cards, phone calls and many kind expressions of sympathy during the recent loss of my son.

Your thoughtfulness and kindness was a real comfort to me during this most difficult time. Thank you so much for your kindness and friendship.

Sincerely,

Libby

AARP DRIVER EDUCATION COURSE – An AARP Driver Safety Program will be held this coming October 6 & 7, 2009 from 10:00am – 12:00pm. The program will be held at the Ellington Hall Memorial Library. Cost is \$12.00 for AARP members and \$14.00 for non-members. A sign-up sheet is available at the Senior Center. Please call 870-3133.

BETTER AGE CLUB – The Better Age Club under the direction of President, Carolyn Cook, will begin their 2009/2010 season on Thursday, September 10, 2009 in the main room of the Ellington Senior Center. Better Age Club meets the 2nd and 4th Thursday of the month at 1:00 p.m. Business meetings for the month of September are as follow:

September 10, 2009 Annual Meeting – Ted Graziani – (Be prepared to ask questions)

September 24, 2009 Shalimar – Belly Dancer

(A copy of the Better Age Clubs programs listed for this year is attached).

BOCCE BALL – Held every Tuesday 10:30 a.m. at Snipsic Village (weather permitting). Bocce Ball has had a great group of players this summer. Libby McCarthy has been our contact person and she has done a wonderful job running this program. *The Ellington Senior Center would like to acknowledge and thank Libby for all her help and assistance.* Bocce Ball will continue to be played in September depending on the weather. Contact the Senior Center at 870-3133 to see if they are playing that week.

CARDS AND GAMES:

Bridge:	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
Bocce Ball:	Tuesdays @ 10:30 a.m. (weather permitting). At Snipsic Village
Canasta – “King’s Row”:	Join Barbara Donohue and friends Thursday’s at 1:00 p.m.
Dominos:	First Tuesday of the month at 1:00 p.m.; Come join the fun!
Evening Cards: (Setback):	Tuesdays and Saturdays at 7:00 p.m.
MahJongg:	Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.
Pinochle:	Every Friday at 6:00 p.m.; See Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, September 2, 2009.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner’s class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – *A note from Maureen Webber:* The Ellington Singers kicked off their 2009/2010 season on Wednesday, August 26, 2009 (10:00 a.m. – 12:00 p.m.) in the main room of the Senior Center. This year the Ellington Singers are scheduled to perform as one of the acts in the “2009 Variety Revue Show” to be held on Sunday, October 4, 2009 (2:30 p.m.) at the Ellington High School. They are also scheduled to perform in (2) concerts this year around town as well as nursing homes and assisted living venues in the area. Dues are \$30.00 per year. We are looking forward to another great season sharing our voices!

GARDEN THYME – Garden Thyme has had a very interesting summer. Dodging between the rainy days and sunshine. Garden Thyme meets every Monday morning at 9:00 a.m. in the garden area of the Senior Center. There are still a couple of weeks left. *A special thank you to Nancy Long, our Master Gardener, and all her committed helpers who have made our gardens look beautiful this summer. Nancy has informed this is to be her last year as our Master Gardener. The Ellington Senior Center is so going to miss her leadership qualities and everything she has brought to “Garden Thyme”. Best wishes to you Nancy! We hope to still see your smiling face.*

MEMORIES AND CREATIVE WRITING – *A note from Chairperson Patricia Stoughton.* The Memories and Creative Writing Group hosted their “Special Event” of shared readings with the Ellington writing group, guests, and the Tolland Senior Center writing group. A wonderful exchange of creative ideas. We “shared” lovely refreshments and “shared” our lovely residential garden. A true work of art created by the Ellington Senior Centers Master Gardener, Nancy Long, and our “Garden-Thyme” helpers Mildred Schliphack, Carolyn and Walter Feldman, Dave Lehmann, and Sonoko Fagan. Memories and Creative Writing will resume on Thursday, September 17, 2009 at (1:00 p.m.)

MUSICAL INSIGHTS - Musical Insights is beginning their 14th season here at the Ellington Senior Center. The first meeting of the season will be held Monday, September 14, 2009. September programs are as follow:

September 14, 2009 “A Musical Insight” Jack Cohen, Presenter

September 28, 2009 “Porgy and Bess” George Gershwin – Pat Stoughton, Presenter

OUT TO LUNCH: “Out To Lunch” is held the second Tuesday of the month at 1:00 p.m. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

September – Adams Mill Restaurant – 9/8/09

October – Georgiana’s, Bolton, CT – 10/13/09

PROGRAMS:

Seniors Get Internet Safety Lessons From Technician/Volunteer: “Pioneers” a volunteer network of telecommunications professionals, is scheduled to offer Ellington Seniors a free workshop on Internet safety on September 8, 2009 at 2:30 p.m. in the main room of the Senior Center.

Hunger 101: September is Hunger Action Month. Jennifer Perugini of Foodshare is hosting a 90 minute hunger educational activity at the Ellington Senior Center on Monday, September 14, 2009 at 2:30 p.m. Hunger 101 is an interactive role-play to teach about hunger in an engaging way. Participants will feel what it is like to gather enough food to feed a family for a day. Foodshare brings the materials

SEW & SO/CRAFTS: Meets every Thursday morning at 9:30 a.m. in the main room of the Senior Center. Our Sew and So crafters continued to come together during the summer months producing beautiful crafts (i.e., quilted blankets) to be available for The Ellington Senior Center’s Holiday Bazaar Craft Show. Van service is available.

SHUFFLEBOARD – Every Wednesday at 2:00 p.m. Shuffleboard is played in the main room of the Senior Center. Van service is available.

TRIPS: Our trip coordinators, Dot Enes and Carolyn Cook have planned the following trips for the Ellington Senior Center!

Thursday, October 15, 2009: The Ellington Senior Center is presenting Oktoberfest at the Platzl Brauhaus in the Hudson River Highlands, Pomona, NY. The trip includes round trip motor coach, German entertainment which includes an “Oomph Band & Folk Dancing,” outdoor activities, and a great luncheon wait for us. The menu will consist of your choice of a roasted half chicken or roast pork platter including potato and vegetable, dessert, coffee tea. Also served family style will be bratwurst, spare ribs, red cabbage, and sauerkraut. At 4:00 p.m. a standing steamship roast on a carving table will be offered along with apples, coffee and tea. All this for the cost of \$74.00 per person. Meal taxes and gratuities as well as the drivers tip are also included in the trip price. **Reminder:** If you have not paid your deposit, your name will go to the end of the waiting list. This has always been our policy, but we have never had to enforce it.

Monday, November 30, 2009: For all of you who like to cruise or have maybe thought about taking a cruise, the Ellington Senior Center along with Cunard Cruise Lines presents a southern Caribbean cruise aboard the “Queen Mary 2.” This is an 11 day/10 night adventure. The cruise will depart out of New York, NY. Some of the ports visited along the way, along with the beautiful Atlantic Ocean, are St Maarten, Barbados, St. George’s Grenada, St. Lucia and St. Thomas. We require a deposit of \$600.00 per person double occupancy, and \$1,150.00 for a single occupancy is required to secure these reservations and assign cabin numbers. For reservations or more information, please contact the Ellington Senior Center at 870-3133.

Trips Continued...

SAVE THIS DATE..... The Ellington Senior Center proudly presents the return of our annual *Tropicana Atlantic City's Showtime Special Tour!!!* This popular trip is scheduled for January 19 – 21st, 2010. This trip includes \$20.00 cash bonus, two meals (breakfast & dinner) and (20) casino show. Bus will depart from the Ellington Town Hall parking lot at 7:00 a.m. January 19th and return at 7:00 p.m. on January 21st. Cost for this trip is \$175.00 pp Double, \$171.00 pp Triple, and \$245.00 pp Single Occupancy.

The Ellington Senior Center is sad to announce that the Tropicana Atlantic City's Showtime Special Tour will be our Show Directors, Dot Enes, and Carolyn Cooks farewell trip as our Trip Coordinators. Dot and Carolyn have been our Trip Coordinators since 1997 when the Ellington Senior Center first opened its doors. We want to thank you for all your years of volunteered services. We have been lucky to have you be a part of our team and we thank you for everything you both have done and continue to do for the Ellington Senior Center!

VARIETY SHOW REVUE: A note from Show Director Amelia Kurpat - The Variety Revue show date is Sunday, October 4, 2009 at the Ellington High School (2:30 p.m.). Cost of the event is \$8.00 (adults): (students age 6 – 18) \$5.00. Age 5 and under are free!

Next meeting date is Wednesday, September 2, 2009 (4:00 p.m.). Pre-Rehearsal meeting for **EVERYONE** at the senior center on Thursday, September 23rd or 24th Amelia will advise..... At 6:00 p.m. (SHARP)!!!

- We are still in need of a few volunteers to help in some positions
- (2) stage hands, attendees, are needed to watch the stage doors for the Variety Show

Line Dance Practice: Monday, September 14, 21, and 28 (1:30pm)

Regular Line Dance Socials/Lessons will resume on October 19, 2009 at (1:30 p.m.). Subject to change, watch the October newsletter.

Ballroom/Polka Social Practice: Friday, September 11, 18, and 25 (1:30 p.m.)

Regular Ballroom/Polka Socials/Lessons will resume on October 23, 2009; Ballroom at 1:00 p.m.; Polka at 2:30 p.m. Subject to change. Watch the October newsletter.

Grapevine Skit Participants – Meet Mondays at 2:30 p.m.

VARIETY SHOW PERFORMERS AND WORKERS:

REHEARSAL DATES: Friday, September 25, 2009 (4:30p.m.); Wednesday, September 30, 2009 (4:30 p.m.)

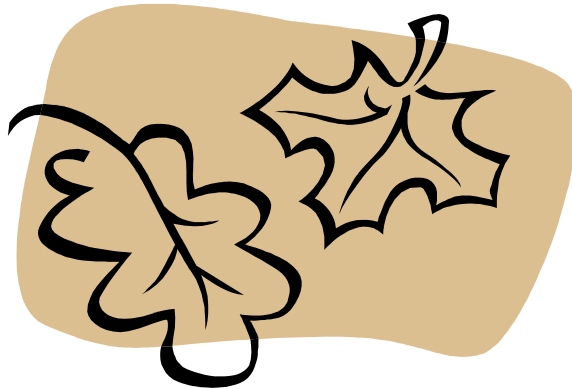
DRESS REHEARSAL: Friday, October 2, 2009; starting at 5:00 p.m.

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION – Al Lewandosky – Post Commander; Leonard Johnson – Services Officer at 871-1498

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531



Enjoy These Early Fall Days!!!!